

# What is an STD?

STD stands for sexually transmitted disease. STDs are infections spread by sexual contact such as oral, anal, or vaginal sex. STDs include gonorrhea, syphilis, chlamydia, genital warts, herpes and HIV.

## How common are STDs?

STDs are very common. However, many men do not even know they are infected because they do not have any signs or symptoms.

## Am I at risk for STDs?

You are at risk for STDs if you have unprotected sex – even once. If you have more than one partner, or your partner has other sexual partners, this also increases your chances of getting an STD.

## How serious are STDs?

If not treated early, STDs can lead to long-term health problems such as chronic testicle pain, joint problems, heart problems, paralysis, blindness, and even death.

Having an STD makes it easier for you to get – or pass on – HIV. If detected early enough, most STDs can be treated with medication.

## How do I know if I have an STD?

Some men have signs or symptoms such as burning with urination or an unusual discharge from their penis. Many men do not have any signs or symptoms. You will need a test to know for sure.

## How do I get tested?

Most doctors or clinics offer STD testing. You can also call the Bureau of Health at 287-2046 or your local health clinic:

- ▶ Bangor: 947-0700
- ▶ Auburn: 795-4019
- ▶ Portland: 756-8067

A physical exam or lab tests can determine whether you have an STD.

## How are STDs treated?

Most STDs can be treated with medication. It is important to be treated early to prevent long-term health problems and avoid infecting others.